

The Las Vegas **ACTIVE ADULT**

Your Guide to Living Beyond The Neon at 50+

October-December 2008

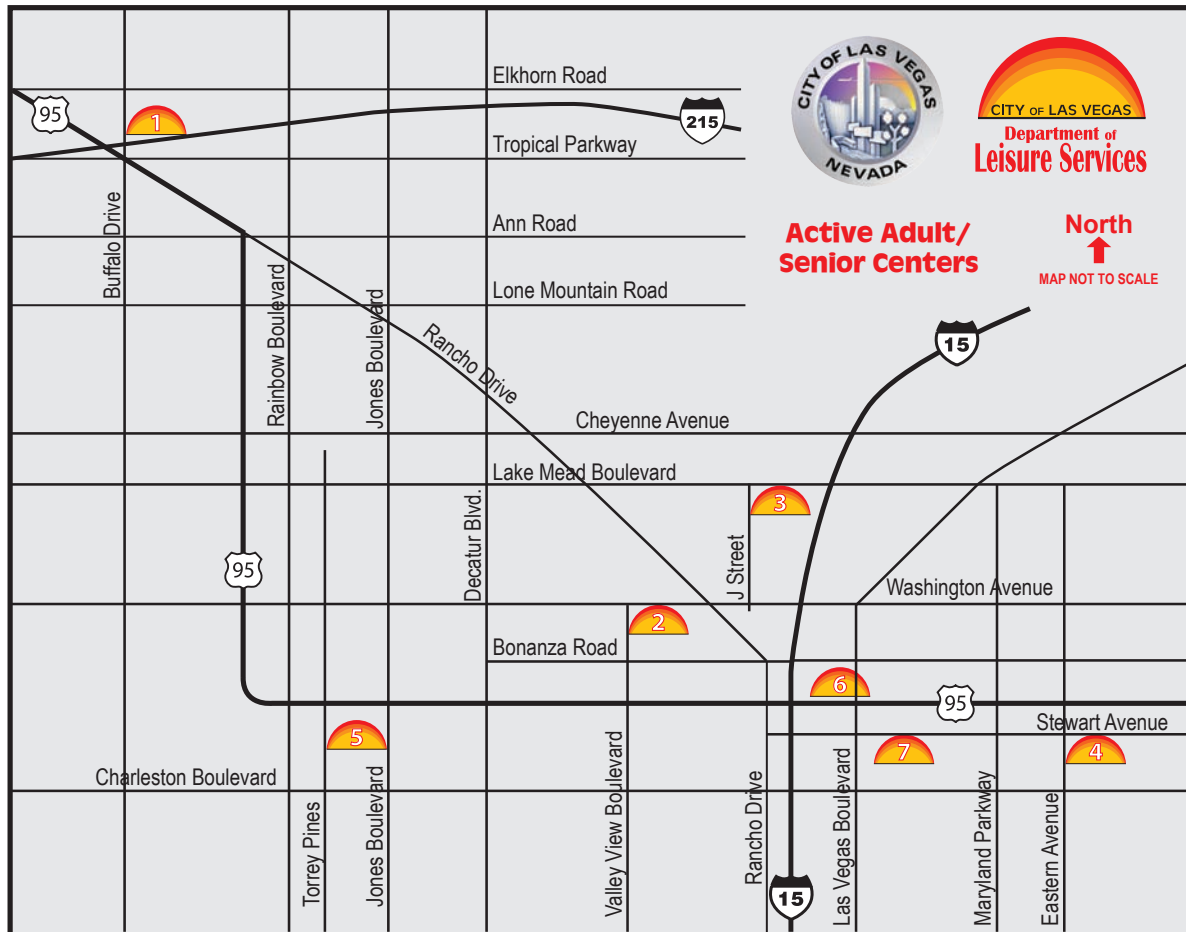
6th Annual Senior Idol Showcase
See page 14 for more information.

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**Para información en español,
llame al 229-6690.**

Facility Locations & Contacts



All facilities closed October 31, November 11, 27, 28, and December 25.

- | | | |
|--|---|--|
| | Centennial Hills Active Adult Center | Monday-Friday, 8:00 a.m.-8:00 p.m. |
| | 6601 North Buffalo Drive | 229-1702 <i>Coordinator: Roney Fuller</i> |
| | Derfelt Senior Center | Monday-Friday, 8:00 a.m.-4:00 p.m. |
| | 3343 West Washington Avenue | 229-6601 <i>Coordinator: Amy Solich</i> |
| | Doolittle Senior Center | Monday-Friday, 8:00 a.m.-5:00 p.m. |
| | 1930 North J Street | 229-6125 <i>Coordinator: Nicole Koerwitz</i> |
| | East Las Vegas Community/Senior Center | Monday-Friday, 8:30 a.m.-4:30 p.m. |
| | 250 North Eastern Avenue | 229-1515 <i>Coordinator: David Walker</i> |
| | Howard Lieburn Senior Center | Monday-Friday, 8:00 a.m.-4:00 p.m. |
| | 6230 Garwood Avenue | 229-1600 <i>Coordinator: Trina Lewis</i> |
| | Las Vegas Senior Center | Monday-Friday, 8:00 a.m.-8:00 p.m. |
| | 451 East Bonanza Road | 229-6454 <i>Coordinator: Lettie Peters</i> |
| | Downtown Senior Services Center | Monday-Friday, 8:00 a.m.-5:00 p.m. |
| | 310 South 9th Street | 229-6690 <i>Customer Service: Delfina Flores</i> |
| | Senior Citizens Law Project | Monday-Friday, 9:00 a.m.-4:00 p.m.; By Appointment Only |
| | 310 South 9th Street, 2nd Floor | 229-6596 <i>Project Administrator: Sheri Cane Vogel, Esq.</i> |

Welcome to **The Active Adult!** Formerly known as PrimeTimers, this publication is your guide to the activities offered by the city of Las Vegas Department of Leisure Services Senior Citizen Programs Division. We are confident you will come to enjoy the simplicity of the information provided and feel this new layout is both easier to read and understand.

The Senior Citizen Programs Division encourages and promotes healthy living with programs that offer physical activity, mental stimulation, and social interaction for active adults age 50 and better. We have facilities throughout the city to serve your leisure time needs. Please refer to the map on the previous page for locations and hours of operation.

Our staff is committed to providing high-quality, affordable activities to entertain, educate and help you to be active. Whether it is going on a hike, learning a new skill, or gaining information on health and wellness, our programs offer you options to enrich your life and complement your lifestyle.

We continually endeavor to improve and expand our programs and services. We encourage you to share your ideas for new activities and we welcome your comments and suggestions. We look forward to serving you!

Best Regards,

Ed Jost

Ed Jost
Manager
Senior Citizen Programs Division



Getting Started

Classes and activities are subject to change. Fees are per class unless otherwise noted. Please call individual facility to verify times and dates. Annual membership required is \$2. All special events and trips require advance registration and non-refundable transportation fee; spaces are limited and additional costs are noted. Registration will begin the first business day of the month before the event.

Online registration is available at www.clvbeyondtheneon.com for those activities that include a class code. Please call any facility if you need assistance.



We are committed to recognizing, respecting, and serving our diverse community. We strive to present a broad variety of programs and services that offer a conscious acceptance, education, and inclusion of people of all ages, abilities, and backgrounds.



Centennial Hills Active Adult Center

CLASSES & ACTIVITIES

229-1702

♥ = Heart Healthy Activities

FM = Fitness Membership; \$15 per month and includes access to all fitness classes.

* By appointment only.

** The YMCA partners with the City of Las Vegas to provide fitness and recreational opportunities. Please stop by the front desk for current times.



Monday

♥ 9:00 a.m.	Yoga	FM
10:00 a.m.	Pinochle	Free
11:00 a.m.	Bingo (2 nd Monday)	\$2
♥ 12:00 p.m.	Tai Chi Gong	FM
12:00 p.m.	Digital Camera*	\$5/30-minute session
12:00 p.m.	Medicare Counseling (2 nd Monday)	Free
12:30 p.m.	Sr. Advocate Program (3 rd Monday)	Free
♥ 12:30 p.m.	Cardio/Weight Room at YMCA**	Free
♥ 12:30 p.m.	Water Aerobics	FM
1:00 p.m.	Open Game Day	Free
♥ 1:30 p.m.	Arthritis Aerobics	FM
♥ 1:30 p.m.	20, 20, 20	FM
1:30 p.m.	Red Hat Society	Members Only
♥ 2:30 p.m.	Mat Pilates	FM
♥ 3:30 p.m.	Dance Aerobics	FM
♥ 4:00 p.m.	Badminton	Free
♥ 4:00 p.m.	Cardio/Weight Room at YMCA**	Free
♥ 4:00 p.m.	Table Tennis	Free
4:00 p.m.	Pinochle	Free
♥ 4:30 p.m.	Miracle Ball	FM
5:00 p.m.	Monday Night Football	Free

Tuesday

♥ 9:00 a.m.	Pickleball	Free
10:00 a.m.	Watercolor	\$20/4 weeks
♥ 10:30 a.m.	Indoor Walking	FM
12:00 p.m.	Intermediate Drawing	\$20/4 weeks
12:00 p.m.	Noon Ball at YMCA**	Free
♥ 12:30 p.m.	Weight Room Basics	FM
♥ 12:30 p.m.	Cardio/Weight Room at YMCA**	Free
1:00 p.m.	Texas Hold 'Em Lessons	Free
♥ 1:30 p.m.	Yoga Dance	FM
2:30 p.m.	Guided Meditation	Free
3:00 p.m.	Lei Making (2 nd & 4 th Tuesday)	Free
3:00 p.m.	Dominoes (Mexican Train)	Free
4:00 p.m.	Bunco (1 st & 3 rd Tuesday)	\$2

Wednesday

10:00 a.m.	Monthly Movie (2 nd Wednesday)	Free
10:00 a.m.	Scrapbooking (3 rd Wednesday)	Free
12:00 p.m.	Digital Camera*	\$5/30-minute session
♥ 12:30 p.m.	Water Aerobics	FM
♥ 12:30 p.m.	Cardio/Weight Room at YMCA**	Free
♥ 1:00 p.m.	Hula	FM

Wednesday (continued)

1:00 p.m.	Red Hat Society	Members Only
	(4th Wednesday)	
♥ 1:30 p.m.	Arthritis Aerobics	FM
♥ 1:30 p.m.	20, 20, 20	FM
♥ 2:30 p.m.	Mat Pilates	FM
♥ 3:30 p.m.	Miracle Ball	FM
♥ 4:00 p.m.	Cardio/Weight Room at YMCA**	Free
4:00 p.m.	Party Bridge	Free
♥ 4:00 p.m.	Tai Chi Gong	FM
♥ 5:00 p.m.	Yoga	FM

Thursday

♥ 9:00 a.m.	Senior T.O.P.S.	Free
♥ 9:00 a.m.	Yoga	FM
♥ 10:30 a.m.	Indoor Walking	FM
11:30 a.m.	Poker	Free
♥ 12:00 p.m.	Ballroom Dance	\$5/month
12:00 p.m.	Noon Ball at YMCA**	Free
♥ 12:00 p.m.	Tai Chi Gong	FM
♥ 12:30 p.m.	Cardio/Weight Room at YMCA**	Free
1:00 p.m.	Mah Jongg (National League)	Free
♥ 1:30 p.m.	Yoga Dance	FM
♥ 2:30 p.m.	Guided Meditation	FM
♥ 3:30 p.m.	Weight Room Basics	FM
♥ 3:30 p.m.	Lap Swim at YMCA**	Free
4:00 p.m.	Nintendo Wii	Free
4:00 p.m.	Indoor Shuffleboard	Free
5:00 p.m.	Social Hour	Free

Friday

♥ 9:00 a.m.	Indoor Shuffleboard	Free
9:00 a.m.	Party Bridge	Free
♥ 11:00 a.m.	Belly Dancing	FM
12:00 p.m.	Noon Ball at YMCA**	Free
♥ 12:30 p.m.	Water Aerobics	FM
♥ 12:30 p.m.	Cardio/Weight Room at YMCA**	Free
1:00 p.m.	Mah Jongg (Wright-Patterson)	Free
♥ 1:00 p.m.	Table Tennis	Free
♥ 1:30 p.m.	Arthritis Aerobics	FM
♥ 1:30 p.m.	Body Sculpt	FM
♥ 2:30 p.m.	Guided Meditation	FM
♥ 3:30 p.m.	Lap Swim at YMCA**	Free
4:00 p.m.	Nintendo Wii	Free
♥ 4:00 p.m.	Cardio/Weight Room at YMCA**	Free

Derfelt Senior Center

CLASSES & ACTIVITIES

229-6601

♥ = Heart Healthy Activities

* YMCA is located at 3851 N. Durango Drive (at Gowan).



Monday

♥ 7:30 a.m.	Fitness Over 50 at YMCA*	\$2
♥ 8:00 a.m.	Tighten & Tone	\$1
♥ 9:00 a.m.	Yoga Stretch	\$3
9:00 a.m.	Knit & Crochet	\$1
9:30 a.m.	Compulsive Eaters Anonymous	Call
♥ 10:00 a.m.	Chi Kung with JC	\$5
10:00 a.m.	Chieko's Painting & Pastel, advanced	Call
♥ 11:00 a.m.	Tai Chi Chuan with JC	\$5
11:00 a.m.	Self Exploration	\$3
11:30 a.m.	Open Computer Lab	Free
11:30 a.m.	Party Bridge	Call
♥ 1:00 p.m.	Bowling at Santa Fe	\$2.25/3 games
♥ 1:30 p.m.	Chair Fitness with Natalie	\$3

Tuesday

♥ 8:00 a.m.	Tighten & Tone	\$1
8:30 a.m.	Oil & Acrylic Painting, beginning	\$3
8:30 a.m.	Open Computer Lab	Free
♥ 9:00 a.m.	Tai Chi with Terry	\$3
9:00 a.m.	Chieko's Painting & Pastel, advanced	Call
9:30 a.m.	Compulsive Eaters Anonymous	Call
10:00 a.m.	Movies (2 nd , 3 rd , 4 th Tuesday)	Free
♥ 10:30 a.m.	Line Dance with Carolyn, intermediate	\$3
10:30 a.m.	Solitaires Social Club (1 st Tuesday)	Free
♥ 11:15 a.m.	Slim & Trim (Mary Lou at YMCA*)	\$2
11:30 a.m.	Duplicate Bridge	Call
♥ 12:30 p.m.	Line Dance with Carolyn, beginning	\$3

Wednesday

♥ 7:30 a.m.	Fitness Over 50 at YMCA*	\$2
♥ 8:00 a.m.	Tighten & Tone	\$1
♥ 8:00 a.m.	Boot Scooters Line Dancing	\$4
8:30 a.m.	Open Computer Lab	Free
♥ 9:00 a.m.	Yoga Stretch	\$3
9:00 a.m.	Quilting	\$3
9:30 a.m.	Compulsive Eaters Anonymous	Call
♥ 10:00 a.m.	Chi Kung with JC	\$5
♥ 11:00 a.m.	Pilates	\$3
♥ 11:00 a.m.	Tai Chi Chuan with JC	\$3
12:00 p.m.	Mah Jongg	Free
1:00 p.m.	Creative Writing	Call
1:00 p.m.	Bunco (1 st Wednesday)	\$1

Thursday

♥ 8:30 a.m.	T.O.P.S. Weigh-In	Call
♥ 9:00 a.m.	Tai Chi with Terry	\$3
♥ 9:45 a.m.	T.O.P.S.	Call
♥ 10:00 a.m.	Yoga with Nancy	\$3
10:00 a.m.	Park Ambassadors (2 nd Thursday)	Free
♥ 11:15 a.m.	Slim & Trim (Mary Lou at YMCA*)	\$2
11:30 a.m.	Card Club (Party Bridge)	Call
11:30 a.m.	Red Hat Society (3 rd Thursday)	Free
12:00 p.m.	LV Senior Softball Association (1 st Thursday)	Free
♥ 1:30 p.m.	Chair Exercise with Natalie	\$3

Friday

♥ 7:30 a.m.	Fitness Over 50 at YMCA*	\$2
♥ 8:00 a.m.	Boot Scooters Line Dancing	\$4
♥ 9:00 a.m.	Yoga Stretch	\$3
9:00 a.m.	Chieko's Painting & Pastel, advanced	\$3
10:00 a.m.	Writing for Pleasure	\$3
10:00 a.m.	Paper Folding Class	\$3
♥ 11:00 a.m.	Pilates	\$3
11:30 a.m.	Open Computer Lab	Free
♥ 12:30 a.m.	Ballroom Dance with JoJo	\$5
1:00 p.m.	Amputee Coalition of Nevada (2 nd Friday)	Free

The staff at Derfelt Senior Center strive to provide meaningful leisure time activities that keep you active, healthy, and socially connected. We welcome and encourage your suggestions for new programs and activities.



Working together is key to our success and your experience!

EVENTS

Bunco Day (426343)

Join us for a delicious quiche with seasoned baby red potatoes.

Wednesday, October 1 • 1:00 p.m. • \$3

Flu & Pneumonia Clinic

First come, first served.

Monday, October 6 • 9:00 a.m.-1:00 p.m.

No co-pay with Medicare Part B or Humana.

Oktoberfest Celebration & Luncheon (426341)

Enjoy an authentic German feast with all the fixings. Bratwurst, sauerkraut, hot German potato salad, sweet & sour beans, and black forest cake.

Wednesday, October 22 • 12:00 p.m. • \$5

Haunted Halloween Party & Mixer (426342)

Join us for fun games, contests, and spooky food! Costumes highly recommended.

Thursday, October 30 • 11:00 a.m. • \$5

Thanksgiving Dinner (426344)

Enjoy a traditional feast with hot cider and coffee.

Thursday, November 20 • 12:00 p.m. • \$7

White "Reindeer" Gift Exchange & Social (426345)

Bring in a wrapped gift, no more than \$10 in value, and share in the fun. Refreshments provided.

Monday, December 1 • 9:00 a.m. • Free

Annual Holiday Party at Santa Fe Station

Join us for great holiday fun! Tickets available only at Derfelt Senior Center, beginning November 3.



Two-ticket maximum per person.
Tuesday,
December 9
11:00 a.m.
\$7

Soup's On!

Join us for a bowl of homemade soup, served with bread, dessert, and a beverage.

Fridays • 12:00 p.m. • \$2



October 3.....(426441)

Jamaican Ham & Bean

October 17.....(426442)

Split Pea & Barley

November 7.....(426443)

Tomato-Fennel

November 21.....(426444)

Turkey Wild Rice

December 5.....(426445)

Curried Sweet Potato & Lentil

December 19.....(426446)

Cider Pork Stew

WORKSHOPS

Words on Wheels - Library Services

Register for a free library card and check out items that are brought to the Center every three weeks.

Wednesdays • 9:30 a.m. • Free

October 1, 22; November 12; December 3

AARP Safe Driving Course

Lower your insurance premium!

\$10, payable to AARP

Mondays • 8:00 a.m.-4:00 p.m.

October 13 (426438)

November 10 (426439)

December 8 (426440)

Las Vegas Senior Softball Association

The Las Vegas Senior Softball Association is an organization that promotes and supports interaction in sports. If you would like more information about their organization, please attend one of their monthly meetings.

Thursdays • 12:00 p.m. • Free

October 2, November 6, December 4



Doolittle Senior Center

CLASSES & ACTIVITIES

229-6125

♥ = Heart Healthy Activities

Renovation Completed...Senior Center Now Open!



Monday

- 8 a.m.-5 p.m. Pinochle, Dominoes, and Games *Free*
 - ♥ 8 a.m.-5 p.m. Fitness Room *Free*
 - 8 a.m.-5 p.m. Computer Lab *Free*
 - ♥ 9:00 a.m. Strength Training *Free*
 - ♥ 10:00 a.m. Chair Fitness *Free*
 - ♥ 10:00 a.m. Bowling (Meet at Santa Fe) \$2.25;
plus shoe rental
 - 12:00 p.m. Guitar Class \$4
 - 1:30 p.m. Guitar Club *Free*
- Must have completed class to participate.

Tuesday

- 8 a.m.-5 p.m. Pinochle, Dominoes, and Games *Free*
- ♥ 8 a.m.-5 p.m. Fitness Room *Free*
- 8 a.m.-5 p.m. Computer Lab *Free*
- ♥ 9:00 a.m. Stretch and Circulation Class *Free*
- 9:30 a.m. Library Outreach *Free*
- ♥ 10:00 a.m. 50-Mile Club - Walking Group *Free*
- 11:30 a.m. Bingo \$0.75 per session
- 1:00 p.m. Book Lover's Reading Club *Free*
- ♥ 3:00 p.m. Jazzy Aerobics \$1

Wednesday

- 8 a.m.-5 p.m. Pinochle, Dominoes, and Games *Free*
- ♥ 8 a.m.-5 p.m. Fitness Room *Free*
- 8 a.m.-5 p.m. Computer Lab *Free*
- 9:00 a.m. Community Garden *Free*
- ♥ 9:00 a.m. Strength Training *Free*
- ♥ 9:00 a.m. Blood Pressure Check *Free*
(10/29, 11/26, 12/31)
- 10:00 a.m. Red Hat Divas *Free*
(10/15, 11/19, 12/17)
- ♥ 10:00 a.m. Chair Fitness *Free*
- 12:30 p.m. Sewing *Free*
- 2:00 p.m. Nintendo Wii *Free*

Thursday

- 8 a.m.-5 p.m. Pinochle, Dominoes, and Games *Free*
- ♥ 8 a.m.-5 p.m. Fitness Room *Free*
- 8 a.m.-5 p.m. Computer Lab *Free*
- ♥ 9:00 a.m. Stretch and Circulation Class *Free*
- 10:00 a.m. Name That Tune *Free*
(10/9, 11/6, 12/4)

Thursday (continued)

- ♥ 10:00 a.m. 50-Mile Club - Walking Group *Free*
- 10:00 a.m. Hula Class *Free*
- 11:30 a.m. Bingo \$0.75 per session
- ♥ 2:00 p.m. Table Tennis *Free*
- ♥ 3:00 p.m. Jazzy Aerobics \$1

Friday

- 8 a.m.-5 p.m. Pinochle, Dominoes, and Games *Free*
- ♥ 8 a.m.-5 p.m. Fitness Room *Free*
- 8 a.m.-5 p.m. Computer Lab *Free*
- ♥ 9:00 a.m. Strength Training *Free*
- ♥ 10:00 a.m. Chair Fitness *Free*
- ♥ 11:00 a.m. Soul Line Dancing *Free*
- ♥ 12:30 p.m. Zumba - Fitness Dance **NEW!** \$2
- ♥ 2:00 p.m. Nintendo Wii *Free*

EVENTS

Spa O.N.E. - Pedicures

Pedicures for seniors that have special needs, such as diabetes. Only 6 appointments available each day.

Fridays • 10:00 a.m.-1:00 p.m. • Free

October 3 (427404)

October 10 (427405)

November 7 (427406)

November 14 (427407)

Las Vegas-Style Day (427192)

Enjoy a Las Vegas-style day with Monopoly money. Win the games and count your money at the end to win a beautiful fruit basket.

Wednesday, October 8

1:00-2:30 p.m. • \$2



Name That Tune

Thursdays

10:00 a.m.

Free

October 9

November 6

December 4

Monthly Birthday Celebration

Tuesdays • 11:00 a.m. • Free

October 28, November 25, December 30

East Las Vegas Community/Senior Center

CLASSES & ACTIVITIES

229-1515

♥ = Heart Healthy Activities



Monday

9:00 a.m.	Senior Trading Library	Free
♥ 9:00 a.m.	Mat & Stand-Up Exercise	\$2
9:00 a.m.	Senior Beat	Free
9:00 a.m.	Open Computer Lab	Free
9:00 a.m.	Canasta	Free
♥ 9:30 a.m.	Table Tennis	Free
♥ 10:00 a.m.	Chair Exercise	\$2
10:00 a.m.	Social Single Seniors (1 st /3 rd Mondays)	Free
♥ 11:30 a.m.	Tap Dance	\$2
11:30 a.m.	Lunch	\$2
12:00 p.m.	What's Up East Las Vegas	Free
12:30 p.m.	Mahjong Class	\$3
1:00 p.m.	Mexican Train Dominoes	Free
1:00 p.m.	Game Days (10/6, 11/3, 12/15)	\$2
3:00 p.m.	Shutter Bugs	\$15/session

Tuesday

♥ 8:00 a.m.	Walking Group	Free
9:00 a.m.	Open Computer Lab	Free
9:00 a.m.	Acrylic Painting	\$5
9:00 a.m.	Seasonal Crafts (2 nd /4 th Tuesday)	Free
9:00 a.m.	Cribbage	Free
9:00 a.m.	Social Seniors	Free
♥ 9:00 a.m.	Hula, beginning	\$5
9:30 a.m.	Pinochle	Free
10:00 a.m.	SHIP Medicare Advising (3 rd Tuesday)	Free
♥ 10:00 a.m.	Hula, intermediate	\$5
♥ 10:30 a.m.	Hula, advanced	\$5
11:30 a.m.	Lunch	\$2
12:30 p.m.	Darts	Free
1:00 p.m.	Cell Phone 101	\$1
♥ 2:00 p.m.	Korean Folk Dance	\$5
♥ 6:00 p.m.	Square Dance Lessons	\$4

Wednesday

9:00 a.m.	Computers for Seniors	\$15/month
♥ 9:00 a.m.	Mat & Stand-Up Exercise	\$2
9:00 a.m.	Morning Croquet	Free
9:00 a.m.	Canasta	Free
♥ 10:00 a.m.	Chair Exercise	\$2
10:30 a.m.	Texas Hold 'Em Poker	Free
11:00 a.m.	Guitar Class	\$5

Wednesday (continued)

♥ 11:30 a.m.	Korean Folk Dance	Free
11:30 a.m.	Lunch	\$2
♥ 12:00 p.m.	Golf Lessons	Free
12:30 p.m.	Personal Chair Massage	Call
1:00 p.m.	Piano/Keyboarding	\$5
♥ 1:00 p.m.	Korean Dance	Free
♥ 2:30 p.m.	Spanish	\$5

Thursday

♥ 8:00 a.m.	Walking Group	Free
9:00 a.m.	Open Computer Lab	Free
9:00 a.m.	Blood Pressure Check (3 rd Thursday)	Free
9:00 a.m.	Cribbage	Free
9:30 a.m.	Pinochle	Free
9:30 a.m.	Geocaching Meet & Greet (4 th Thursday)	Free
10:00 a.m.	Senior Advocate Advice (3 rd Thursday)	Free
10:00 a.m.	Red Hat Society Meeting (1 st Thursday)	Free
♥ 10:00 a.m.	Tap Dance	\$2
11:30 a.m.	Lunch	\$2
♥ 12:30 p.m.	Table Tennis	Free
♥ 1:00 p.m.	Ballroom Dance	\$5
3:00 p.m.	Ask the (Computer) Geek	\$1
♥ 7:00 p.m.	Square Dance	Free

Friday

9:00 a.m.	Computers for Seniors	\$15/month
♥ 9:00 a.m.	Mat & Stand-Up Exercise	\$2
9:00 a.m.	Quilting Social	Free
♥ 10:00 a.m.	Chair Exercise	\$2
10:30 a.m.	Open Computers	Free
11:00 a.m.	Yoga NEW!	\$3
11:00 a.m.	Quilting Class	\$3
11:30 a.m.	Lunch	\$2
♥ 12:00 p.m.	Table Tennis	Free
12:30 p.m.	Round Table Book Club (1 st Friday)	Free
12:30 p.m.	Canasta	Free

EVENTS

Food Education Cooking Event (427618)

Food professionals teach how to cook and handle foods.
Thursday, October 9 • 9:00 a.m.-12:00 p.m. • Free

Healthy Living Day

Thursday, October 16 • 10:00 a.m.-12:00 p.m. • Free
9:00 a.m. Vision Screening
10:30 a.m. Community Watch Campaign
10:30 a.m. Problem Gambling

Flu Shots Clinic (427658)

No appointment needed!
Thursday, October 16 • 9:00 a.m.-12:00 p.m. • Call

For Your Eyes Only (427614)

Record your story and information in your own private video to share with your family and friends. • \$1
Friday, October 17 Thursday, December 4
Monday, November 10

Hoe Down (427639)

Wednesday, October 22 • 11:30 a.m.-2:00 p.m. • \$4

Chili Cook-Off (427640)

Prizes and awards given for best overall, most original, and best taste. • Free
Wednesday, October 22 • 11:00 a.m.-12:00 p.m.

Monster Bash (427643)

Get out the Halloween costume and celebrate at our spooktacular party.
Wednesday, October 29
11:30 a.m.-2:00 p.m.
\$4



Sweet November (427645)

Bring in your baked good for a taste test and "Sweet Auction."
Friday, November 7 • 10:00-11:30 a.m. • Free

Health Fair (427648)

Thursday, November 20 • 10:00 a.m.-2:00 p.m. • Free

Tree Trimming Party (427649)

Monday, December 1 • 1:00-3:00 p.m. • Free

Jingle Bell Rock (427651)

Find the Jingle Bell Rock; call 229-1511 for your clue.
Monday, December 8-Friday, December 19 • \$1

EVENTS (continued)

Breakfast with Santa (427652)

Thursday, December 11 • 9:00-10:30 a.m. • \$3

Cookie Exchange (427654)

Tuesday, December 16
12:30-1:30 p.m. • \$1

Holiday Caroling (427656)

Tuesday, December 23
1:00-2:30 p.m. • Free



WORKSHOPS

Hawaiian Baskets (427666)

Tuesday, October 14 • 12:30-2:30 p.m. • \$5

No Sew, Tie Fleece Blankets (427667)

Call for a supplies list.
Monday, October 27 • 2:00-4:00 p.m. • \$1

Beaded Gourd Workshop (427674)

Wednesday, November 12 • 12:30-2:30 p.m. • \$5

Maintain Your Brain (427675)

Learn what you can do to keep your brain healthier.
Friday, November 7 • 1:00-3:00 p.m. • Free

Kitchen Gadgets From A to Z (427676)

Monday, November 17 • 1:00-3:00 p.m. • Free

Kitchen Angels (427677)

Friday, December 1 • 1:00-3:00 p.m. • \$3

Magnetic Bracelets (429921)

Learn how to make these new age bracelets.
Tuesday, December 9 • 10:00-11:30 a.m. • \$3

AARP Safe Driving Course

Lower your insurance premium!
\$10, payable to AARP
Tuesdays/Wednesdays • 9:30 a.m.-1:30 p.m.
October 14/15, November 18/19, December 16/17

Cooking Workshops

Wednesdays • 2:00-4:00 p.m. • \$2
Apples October 8
Soups November 5
Holiday Appetizers December 10

Howard Lieburn Senior Center

CLASSES & ACTIVITIES

229-1600

- ♥ = Heart Healthy Activities
 * = Computer lab closed during classes.
 ** = Supplies Extra



Monday

8:00 a.m.	Lieburn Game & Puzzle Club	Free
8:00 a.m.	Open Computer Lab*	Free
♥ 8:00 a.m.	Table Tennis	Free
♥ 9:00 a.m.	Fitness Assessment (Call 229-1604)	\$10
♥ 9:00 a.m.	Yoga	\$5
♥ 10:00 a.m.	Fitness Assessment (Call 229-1604)	\$10
10:00 a.m.	Multi-Media Art Class	\$3
10:00 a.m.	SLR Camera Class (1 st Monday)	\$5
12:00 p.m.	Red Hat Goodtime Girls	Free
	(1 st Monday)	
12:00 p.m.	Daughter Utah Pioneer	Free
	(2 nd Monday)	
12:00 p.m.	Bridge Club	Free
♥ 12:00 p.m.	Low-Impact Aerobics with Natalie	\$3
1:00 p.m.	Indoor Shuffleboard	Free
	(1 st /3 rd Monday)	
1:00 p.m.	Lecture Series (3 rd Monday)	Free
1:00 p.m.	Digital Camera Club (2 nd Monday)	Free

Tuesday

8:00 a.m.	Lieburn Game & Puzzle Club	Free
8:00 a.m.	Open Computer Lab*	Free
♥ 8:30 a.m.	Walk & Talk Walking Club	Free
♥ 9:00 a.m.	Strength & Flexibility Exercise	\$1
9:30 a.m.	Computers with Michael	\$6/3 weeks
10:00 a.m.	Coffee Talk with Sr. Law Project	Free
	(10/28, 11/18, 12/16)	
11:00 a.m.	Computers with Michael	\$6/3 weeks
♥ 11:00 a.m.	In Balance Training with Doris	\$3
11:00 a.m.	Ukrainian Egg Painting**	\$3
11:30 a.m.	Red Hat Lieburnettes	Free
	(10/14, 11/18, 12/9)	
12:00 p.m.	C.C. Senior Advocate Advice	Free
12:30 p.m.	Intro to eBay & More	\$20/4 weeks
♥ 1:00 p.m.	Fitness Assessment (Call 229-1604)	\$10
1:00 p.m.	Lieburn Cooking Network	Free
	(10/14, 11/4, 12/9)	
♥ 2:00 p.m.	Fitness Assessment (Call 229-1604)	\$10
2:00 p.m.	eBay Savvy	\$20/4 weeks

Wednesday

8:00 a.m.	Lieburn Game & Puzzle Club	Free
8:00 a.m.	Open Computer Lab*	Free
♥ 8:00 a.m.	Table Tennis	Free

Wednesday (continued)

8:30 a.m.	Breakfast Nook (10/8, 11/19, 12/17)	\$2
♥ 9:00 a.m.	Circuit Training (Instructor Approval)	\$3
9:30 a.m.	Kids to Kids (1 st /3 rd Wednesday)	Free
10:00 a.m.	Digital Photography Class	\$20/4 weeks
10:00 a.m.	Guitar, beginning	\$1
11:00 a.m.	Nimble Thumbs Knitting/ Crochet Club	Free
11:00 a.m.	Reader Theatre Club	Free
12:00 p.m.	Pinochle	Free
12:00 p.m.	Texas Hold 'Em Poker	Free
♥ 12:00 p.m.	Low-Impact Aerobics with Natalie	\$3
1:00 p.m.	Computers with Michael	\$6/3 weeks
♥ 1:00 p.m.	Jazz & Tap Dancing	\$3

Thursday

8:00 a.m.	Lieburn Game & Puzzle Club	Free
8:00 a.m.	Open Computer Lab*	Free
♥ 8:30 a.m.	Walk & Talk Walking Club	Free
♥ 9:00 a.m.	Strength & Flexibility Exercise	\$1
♥ 9:30 a.m.	T.O.P.S.	First Meeting Free
9:30 a.m.	Computers with Michael	\$6/3 weeks
10:00 a.m.	Ask the Master Gardner	Free
10:30 a.m.	Mah Jongg (National League)	Free
10:30 a.m.	Hand & Foot Canasta	Free
11:00 a.m.	Computers with Michael	\$6/3 weeks
1:00 p.m.	Movie/Trivia Day (1 st Thursday)	Free
1:00 p.m.	Nintendo Wii	
	(2 nd , 3 rd , & 4 th Thursday)	Free
1:30 p.m.	Silversmithing	\$5

Friday

8:00 a.m.	Lieburn Game & Puzzle Club	Free
8:00 a.m.	Open Computer Lab*	Free
♥ 9:00 a.m.	Move 'N' Groove Aerobics	\$3
♥ 10:00 a.m.	Chi Kung	\$5
♥ 10:00 a.m.	Blood Pressure/Heart Rate Checks	Free
	(10/10, 11/21, 12/19)	
10:00 a.m.	Canasta	Free
11:00 a.m.	Tai Chi	\$5
11:00 a.m.	Lieburn Luncheons	\$3
	(10/17, 11/14, 12/12)	
12:00 p.m.	Pinochle	Free
2:00 p.m.	Zumba (Latin Aerobics)	\$3

Las Vegas Senior Center

CLASSES & ACTIVITIES

229-6454

♥ = Heart Healthy Activities



Monday

8:00 a.m.	Morning Media	Free
8:00 a.m.	Open Computer Lab	Free
♥ 9:00 a.m.	"Fitness Over 50" Aerobics with MaryLou	\$2
9:00 a.m.	Cribbage	Free
9:00 a.m.	Senior Advocate (10/27, 11/24, 12/22)	Free
♥ 9:00 a.m.	Ping Pong/Table Tennis NEW!	Free
10:00 a.m.	China Painting	\$3
12:00 p.m.	Silver Aces Duplicate Bridge Club	Free
1:00 p.m.	Bingo Excitement	\$0.75 per session
3:00 p.m.	Na Mele Hui Ohana	Call
4:00 p.m.	Football 101	Free
5:30 p.m.	Hawaii Dance Company	Call
5:30 p.m.	Duplicate Bridge Class	Free
6:00 p.m.	So. NV Gem and Mineral Society (1 st Monday)	Call
6:00 p.m.	Round Dance, advanced	\$5

Tuesday

8:00 a.m.	Morning Media	Free
8:00 a.m.	Open Computer Lab	Free
♥ 9:00 a.m.	Indoor Walking Club	Free
10:00 a.m.	Japanese Embroidery	\$3
♥ 10:00 a.m.	Nintendo Wii	Free
10:00 a.m.	Woodcarving & Wood Burning	Free
♥ 10:30 a.m.	Tap Dance, beginning	\$3
11:00 a.m.	Hamburger Tuesday	\$2
11:00 a.m.	Purple Passions Red Hat Society (4 th Tuesday)	Call
♥ 11:30 a.m.	Tap Dance, intermediate/advanced	\$3
12:00 p.m.	Porcelain Workshop	\$3
♥ 1:00 p.m.	Cowboy Mike's Line Dance Class (12 noon on 2 nd Tuesday)	\$3
1:00 p.m.	Foot Care Clinics (4 th Tuesday; By Appointment Only)	Call
1:00 p.m.	Monopoly Day (1 st Tuesday)	Free
1:00 p.m.	Senior Tripsters (2 nd Tuesday)	Call
3:00 p.m.	Wire Wrapping	\$5
♥ 3:00 p.m.	Swing Dance with JoJo	\$5
5:00 p.m.	Chess Club NEW!	Free
5:00 p.m.	Silversmith Class	Call
♥ 5:00 p.m.	Tuesday Night Ballroom Dance	\$4
5:30 p.m.	Wire Wrapping	\$5
6:00 p.m.	TV Time	Free

Tuesday (continued)

6:00 p.m.	LV Gold Prospectors Assoc. (1 st Tuesday)	Call
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Wednesday

8:00 a.m.	Morning Media	Free
8:00 a.m.	Open Computer Lab	Free
8:30 a.m.	WorldDoc.com (Help Time)	Free
♥ 9:00 a.m.	Blood Pressure Screening	Free
♥ 9:00 a.m.	Fitness Video	Free
9:00 a.m.	Ukrainian Egg Design with Zoria	\$3
♥ 10:00 a.m.	Tai Chi with Billie Ann	\$3
10:15 a.m.	Info Services Committee Meeting (1 st Wednesday)	Free
♥ 11:30 a.m.	Ukulele Dance Practice (Must be in Ukulele Class)	Call
♥ 1:00 p.m.	Ballroom Dance Class with JoJo	\$5
♥ 1:00 p.m.	Shuffleboard	Free
1:00 p.m.	Mind Games	Free
4:00 p.m.	Desert Wins Duplicate Bridge	Call
4:00 p.m.	Dominoes Game Time	Free
♥ 5:00 p.m.	Hula, beginning	\$3
♥ 6:00 p.m.	Round Dance Class	\$5

Thursday

8:00 a.m.	Morning Media	Free
♥ 9:00 a.m.	Indoor Walking Club	Free
9:00 a.m.	Crochet and Knit	Free
9:00 a.m.	Intro to eBay Class	\$20/4 weeks
9:30 a.m.	Wax In-Lay Beading	\$3
10:00 a.m.	Humanities Discussion Group	Free
10:30 a.m.	Quilting Workshop	Call
10:30 a.m.	eBay Savvy Class	\$20/4 weeks
11:00 a.m.	Ukulele, beginning	\$3
12:00 p.m.	Ukulele, intermediate	\$3
1:00 p.m.	Texas Hold 'Em Lessons/Class	\$3
1:00 p.m.	Afternoon Movie	Free
1:00 p.m.	Quilting Class	\$3
2:00 p.m.	Computers, beginning (Classes begin 11/6)	\$15/6 weeks
3:00 p.m.	Computers, intermediate (Classes begin 11/6)	\$15/6 weeks
4:00 p.m.	Guitar, intermediate	\$3
4:30 p.m.	Hula, advanced	\$3
5:00 p.m.	Open Computer Lab	Free
6:00 p.m.	Frontline Recovery Group	Call

Friday

8:00 a.m.	Morning Media	Free
8:00 a.m.	Open Computer Lab	Free
9:00 a.m.	Cribbage	Free
♥ 9:00 a.m.	“Fitness Over 50” Aerobics with MaryLou	\$2
9:00 a.m.	Medicare SHIP Program (1 st Friday; By Appointment Only)	Free
9:00 a.m.	Oil Painting Class	\$3
♥ 10:00 a.m.	Tap Dance, beginning	\$3
♥ 10:00 a.m.	Ping Pong/Table Tennis NEW!	Free
♥ 11:00 a.m.	Belly Dance	\$3
11:00 a.m.	Frankfurter Friday	\$1 Hot Dog
11:30 a.m.	Ceramics	\$3
12:00 p.m.	Chinese Mah Jongg	Free
12:00 p.m.	Computers, beginning	\$15/6 weeks
12:00 p.m.	Blue Card Duplicate Bridge	Call
12:30 p.m.	Big Band Rehearsal	Free
1:00 p.m.	Computers, intermediate	\$15/6 weeks
1:00 p.m.	Sing-a-Long with Fun Time Singers	Free
1:00 p.m.	Afternoon Movie	Free
2:00 p.m.	Monthly Billiards Tournament (10/10, 11/14, 12/12)	Free
♥ 6:30 p.m.	Ballroom Basics Dance Class with JoJo	\$5

EVENTS

Monthly Texas Hold ‘Em Poker Tournament

Also join us for our 3rd annual tournament on October 3.
 Fridays • 10:00 a.m.-2:00 p.m. • \$2
 October 3 (426643) December 5 (426645)
 November 7 (426644)

Flu Shot Clinic (427741)

Tuesday, October 7 • 9:00 a.m.-12:00 p.m.
 Influenza \$25; Pneumonia \$40
 Most insurance also accepted.

5th Annual Senior Idol Showcase (429196)

Tickets available at all city of Las Vegas senior centers
 beginning September 2.
 Charleston Heights Arts Center, 800 South Brush Street
 Thursday, October 9 • 4:00 p.m.
 \$3 Advance; \$5 Door

Patio Parties

Games, karaoke, music...what will it be?
 Mondays • 2:30-4:00 p.m. • \$1
 October 13 (426990) December 8 (416998)
 November 10 (426992)

EVENTS (continued)

3rd Annual Chili Cook-Off (426999)

Wednesday, October 15 • 11:00 a.m.-1:00 p.m.
 Free for cook-off entrants; \$1 for spectators

World Food Day (427001)

Bring canned and other non-perishable foods to the
 Center to donate to a worthy cause.
 Thursday, October 16 • All Day • Free

Murder Mystery Luncheon (427193)



The Mystery at Devil’s Gulch

Come dressed for the
 costume ball and figure
 out “who dun it.”
 Wednesday, October 29
 11:30 a.m.-1:00 p.m.
 \$4

Cultural Fine Arts Exhibit (429197)

Tour the exhibit featuring art from our many fine arts
 classes.
 Friday, November 7 • 10:00 a.m.-2:00 p.m. • Free

Veterans Appreciation Party (427599)

Wednesday, November 12 • 11:30 a.m.-1:00 p.m.
 Limited tickets available. • \$3; Free for Veterans

Fall Birthday Bash (429198)

Friday, November 14 • 2:00-3:00 p.m. • \$1
 Free for those with birthdays October-December.

Homemade Bread Bake-Off (427601)

Bring your own creations to compete on National
 Homemade Bread Day!
 Monday, November 17 • 1:30-2:30 p.m. • Free

Telebration (427602)

Come share a story at this nationwide “storytelling for
 grown-ups” day. Open mic.
 Friday, November 21 • 10:00 a.m.-12:00 p.m. • Free

Thanksgiving Luncheon (427657)

Tuesday, November 25 • 11:30 a.m.-1:00 p.m. • \$4

National Puzzle & Game Day (427607)

Compete in a morning puzzle tournament and an
 afternoon board game.
 Wednesday, November 26 • 10:00 a.m.-4:00 p.m.
 Free

EVENTS (continued)

Holiday Decorating (427609)

Help add the spirit of the holidays to the Senior Center.
Come for all or part of the day.
Monday, December 1 • 10:00 a.m.-4:00 p.m. • Free

Turkey Leftovers Potluck (427641)

Bring a dish made from your holiday leftovers plus a copy of the recipe to share.
Monday, December 1 • 11:30 a.m.-1:00 p.m.
Free with a dish; advance registration required.

Gingerbread House Contest (427617)

Form a team of 3-4 people to create the best gingerbread house.
Wednesday, December 3 • 1:00-3:00 p.m. • \$3

19th Annual Holiday Handicraft Sale (429199)

Purchase handcrafted items that may include ceramics, artwork, jewelry, quilts, and more!
Friday, December 5 • 10:00 a.m.-3:00 p.m. • Free
Crafters age 50+ may rent a table for \$10-\$15. Call Pat after 12:00 p.m. at 229-6454.
Deadline to reserve a table is November 21.



Holiday Carol Luncheon (427604)
Wednesday, December 10
11:30 a.m.-1:00 p.m.
\$4

Gift Wrapping Extravaganza (427644)

Monday-Friday, December 15-19
\$1 per gift
8:00-10:00 a.m.; 2:00-4:00 p.m.

EVENTS (continued)

Holiday Tea Party (426488)

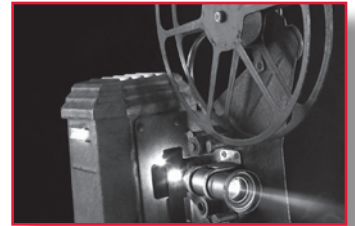
Registration begins 11/3 at 8 a.m.; limit 4 tickets.
Tuesday, December 16 • 11:30 a.m.-1:00 p.m. • \$5

Holiday Sing-A-Long (427646)

Friday, December 19 • 12:00-1:00 p.m. • Free

Holiday Movie Marathon (427650)

Join us to watch a variety of holiday movies.
Optional dessert potluck, too. Sign up today!
Wednesday, December 24
9:00 a.m.-4:00 p.m.
Free



WORKSHOPS

Bread Making Workshop (426888)

Make homemade bread and then enter it in the afternoon bake-off.
Monday, November 17 • 10:30 a.m.-12:00 p.m. • \$2

AARP Safe Driving Course

Lower your insurance premium!
\$10, payable to AARP
October 20/21 • 4:00-8:00 p.m.
November 17/18 • 4:00-8:00 p.m.
November 25 • 8:30 a.m.-4:30 p.m.

Laughter is contagious...and you'll find plenty of it right here at the Las Vegas Senior Center!



Tuesday Night Ballroom Dances

Do you enjoy dancing? We do, too!
Join us every Tuesday night from 5:00 to 8:00 p.m.
Cost is \$4.

Plus, enjoy these monthly specialty-themed and decorated dances with light refreshments:

October 14..... *Sweetest Dance*

November 18..... *Gobble, Gobble Dance*

December 23..... *Winter Wonderland*



Outreach Services



ACTIVE ADULT/SENIOR CENTER DAY TRIPS

Outreach Services Coordinator: Stephanie Richard, 229-4160

Join **Ruby the Outreach Octopus** for fun-filled day trips! Participants must have a current membership. Advance registration and a \$2 non-refundable transportation fee are required per trip. Space is limited for each trip and additional costs are noted. Additional costs must be paid day of trip directly to the trip location. Participant is responsible for providing their own lunch or purchasing lunch where noted.

Registration Dates

September 2 - October Day Trips; **October 1** - November Day Trips; **November 3** - December Day Trips

Centennial Hills Active Adult Center229-1702

Additional Cost

Renaissance Faire (427446)	October 10	9:30 a.m.-3:00 p.m.	Lunch \$
<i>Enter the world of knights and maidens! Enjoy entertainment, vendors, food, and fire-breathing dragons.</i>			
Shelby American Factory Tour & Lunch (427388)	October 16	10:00 a.m.-2:00 p.m.	Lunch \$
<i>Tour the company's 100,000 square foot manufacturing facility for Shelby Cobras and the new Series 1.</i>			
Metro Search and Rescue Tour (427447)	October 24	10:00 a.m.-1:00 p.m.	Lunch \$
<i>Discover the secret of Metro's successful search and rescue team.</i>			
Jubilee Backstage Tour & Lunch (427392)	November 5	10:00 a.m.-2:30 p.m.	\$18 + Lunch \$
<i>From beautiful performers to props, come see how this show comes together. Tour will be given by a Jubilee showgirl.</i>			
Galleria Mall (427448)	November 14	10:00 a.m.-2:30 p.m.	Lunch \$
<i>Get your holiday shopping finished early this year. Take advantage of pre-holiday sales at Henderson's Galleria Mall.</i>			
Eiffel Tower & Las Vegas Outlet Center (427393)	December 3	10:00 a.m.-2:30 p.m.	\$7 + Lunch \$
<i>Enjoy one of the most breathtaking views of the Las Vegas Strip followed by shopping at the outlet mall.</i>			
Planetarium (427449)	December 12	8:30 a.m.-1:00 p.m.	\$7 + Lunch \$
<i>Enjoy a brief, self-guided tour followed by a traditional seasonal light show at our local planetarium.</i>			

Derfelt Senior Center229-6601

Additional Cost

Indoor Mini Golf (426938)	October 2	10:30 a.m.-3:30 p.m.	\$5 + Lunch \$
<i>Enjoy a unique, glowing golf experience set to an Egyptian-style theme...unlike any other game you've ever played!</i>			
Hike: Location TBD (426338)	October 10	8:00 a.m.-2:30 p.m.	Bring Lunch
<i>See staff for more details. Please wear appropriate attire and bring drinking water.</i>			
Madame Tussauds (426939)	November 6	10:30 a.m.-2:00 p.m.	\$14.50 + Lunch \$
<i>The wax museum provides the perfect opportunity to take pictures and see realistic replicas of your favorite celebrities.</i>			

Bootleg Canyon Black Mountain Hike (426339)
November 7
8:00 a.m.-2:30 p.m.
Bring Lunch
Please wear appropriate attire and bring drinking water.



Premium Outlet Mall (426940)	December 11	10:00 a.m.-3:00 p.m.	Lunch \$
<i>Search over 150 premium stores for the perfect holiday gifts. Enjoy the finest designer stores with all the best prices.</i>			
Hike: Location TBD (426340)	December 14	8:30 a.m.-2:30 p.m.	Bring Lunch
<i>See staff for more details. Please wear appropriate attire and bring drinking water.</i>			

Outreach Services (continued)

Doolittle Senior Center229-6125

Additional Cost

Yard Sale (427428)	October 3	10:00 a.m.-2:30 p.m.	Lunch \$
<i>One person's trash is another person's treasure! Come search for the best deals around the valley.</i>			
Breakfast & Movie (427421)	October 10	9:00 a.m.-3:00 p.m.	Movie + Breakfast \$
<i>Join us for a morning buffet and a matinée movie.</i>			
Las Vegas Review-Journal Tour (427439)	October 17	10:00 a.m.-2:00 p.m.	Lunch \$
<i>Travel behind the scenes of the RJ to see their business operations...how they print and distribute within a few hours.</i>			
Practice Air Show at Nellis Air Force Base (427440)	November 7	9:30 a.m.-3:30 p.m.	Lunch \$
<i>We're traveling to NAFB for their Aviation Nation practice air show. There will also be vendors at this show.</i>			
Breakfast & Movie (427423)	November 21	9:00 a.m.-3:00 p.m.	Movie + Breakfast \$
<i>Join us for a morning buffet and a matinée movie.</i>			
Breakfast & Movie (427424)	December 12	9:00 a.m.-3:00 p.m.	Movie + Breakfast \$
<i>Join us for a morning buffet and a matinée movie.</i>			
SR2 & Antique Shopping Mall (427441)	December 19	10:00 a.m.-2:00 p.m.	Lunch \$
<i>Step back in time to experience firsthand how great multiple fine art is created. The S² Editions Atelier printer produces breathtaking fine art the old-fashioned way. Visit www.s2art.com for more information.</i>			

East Las Vegas Community/Senior Center.....229-1515

Additional Cost

Christian R. Lassen Tour & Forum Shops (427442)	October 1	10:30 a.m.-2:30 p.m.	Lunch \$
<i>View artwork of a renowned marine artist. Christian Lassen's mastery of detail will have you amazed.</i>			
Secret Garden & Dolphin Habitat (427443)	October 15	10:30 a.m.-3:00 p.m.	\$12 + Lunch \$
<i>Come see rare and exquisite animals, and spend time relaxing in their tropical and serene environment!</i>			
Shelby American Factory Tour & Lunch (427490)	October 20	10:00 a.m.-3:00 p.m.	Lunch \$
<i>Tour the company's 100,000 square foot manufacturing facility for Shelby Cobras and the new Series 1.</i>			
Jubilee Backstage Tour & Lunch (427444)	November 5	10:00 a.m.-2:30 p.m.	\$18 + Lunch \$
<i>From beautiful performers to props, come see how this show comes together. Tour will be given by a Jubilee showgirl.</i>			
Pahrump Valley Winery (427495)	November 13	10:00 a.m.-3:00 p.m.	Lunch \$
<i>Take a trip with us to the only winery in the Mojave Desert. Enjoy a private tour and stroll through the rose garden!</i>			
Channel 3 (427445)	December 3	10:30 a.m.-2:30 p.m.	Lunch \$
<i>Be a part of the KVBC Channel 3 team! See what it's really like to work in the media.</i>			



Geocaching (427497)

December 18

9:30 a.m.-3:00 p.m.

Bring Lunch

Discover the sport of geocaching. Find hidden treasures as we visit the ghost town of St. Thomas, Nevada...once buried by Lake Mead. We'll also enjoy lunch outdoors in the wilderness. Bring your GPS unit if you have one and wear good hiking shoes and sunscreen. Register for this day trip starting November 3.

Outreach Services (continued)

Howard Lieburn Senior Center.....229-1600

Additional Cost

- CLV Fire Department Tour (427659)** **October 8** **10:00 a.m.-2:00 p.m.** **Lunch \$**
Learn about the operations of one of the City of Las Vegas' many fire stations. October is Fire Awareness Month.
- Photo Field Trip/Renaissance Faire (427663)** **October 10** **9:30 a.m.-3:30 p.m.** **Lunch \$**
Enter the world of knights and maidens! Enjoy entertainment, vendors, food, and fire-breathing dragons.
- Le Cordon Bleu (427660)** **October 22** **10:00 a.m.-2:00 p.m.** **Lunch \$**
Tour one of the most prestigious, state-of-the-art culinary arts colleges in Las Vegas. Afterwards, we'll dine at the school's five-star, on-site restaurant.
- Hiking (427664)** **November 7** **8:30 a.m.** **Bring Lunch**
See staff for more details. Please wear appropriate attire and bring drinking water and your camera.
- Nevada State Railroad Museum/Train Ride (427661)** **November 12** **9:00 a.m.-2:00 p.m.** **\$6 + Lunch \$**
Take a ride on an early 1900s train while learning interesting facts about Nevada's railroad history. We'll also eat at Boulder City's famous Pit Stop restaurant, then tour the small town.
- Eiffel Tower & Las Vegas Outlet Center (427665)** **December 3** **10:00 a.m.-3:30 p.m.** **\$7 + Lunch \$**
Enjoy one of the most breathtaking views of the Las Vegas Strip followed by shopping at the outlet mall.
- Bellagio Behind-the-Scenes Tour (427662)** **December 17** **10:00 a.m.-2:00 p.m.** **Lunch \$**
Join in a private tour of the spectacular Bellagio gardens and learn what it takes to maintain them 365 days a year!

Las Vegas Senior Center.....229-6454

Additional Cost

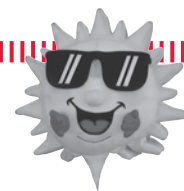
- Geocaching (427188)** **October 7** **10:00 a.m.-2:00 p.m.** **Lunch \$**
Put your newfound knowledge to good use in this fun GPS-guided field trip through the Las Vegas Valley.
- Renaissance Faire (426988)** **October 10** **9:30 a.m.-3:30 p.m.** **Lunch \$**
Enter the world of knights and maidens! Enjoy entertainment, vendors, food, and fire-breathing dragons.
- Haunted Bone Yard Tour (427189)** **October 21** **11:00 a.m.-4:00 p.m.** **\$3 + Lunch \$**
We'll search the valley for all the haunted spots, then conclude our spooky adventure by walking through the Neon Museum Bone Yard's historic marquee signs.
- Bellagio Behind-the-Scenes Tour (427190)** **November 18** **10:00 a.m.-2:00 p.m.** **Lunch \$**
Join in a private tour of the spectacular Bellagio gardens and learn what it takes to maintain them 365 days a year!

Floyd Lamb Park Picnic Delight (427046)
November 20
10:00 a.m.-3:00 p.m.
Bring Lunch
Bring a picnic lunch for a day of fun, games, and relaxation. Come explore this historical site with us.



- Nibbler Mystery Breakfast (427191)** **December 9** **9:30 a.m.-1:30 p.m.** **Breakfast \$**
It's a mystery where we're going...but your sure to enjoy a hearty meal at one of Las Vegas' local restaurants.
- Town Square Scavenger Hunt & Shopping (426989)** **December 12** **9:00 a.m.-3:00 p.m.** **Lunch \$**
See Las Vegas' newest mall and shop to your heart's content, all while finding the answers to a new kind of scavenger hunt. Town Square boasts a variety of restaurants to choose from for lunch.

Upcoming Events



Mark your calendar now!

January 2009

Utility Tax Rebate Program	<i>East Las Vegas Community/Senior Center</i>
Get a refund of your Utility Surcharge Tax if you live within the city limits and meet other eligibility criteria.	Coming in January!
Seniors CAN	<i>Centennial Hills Active Adult Center</i>
Take part in learning various nutrition and health topics provided by the University of Nevada Cooperative Extension Department.	Tuesdays • 10:30 a.m.-12:00 p.m. • Free Starts January 20.
Utility Tax Rebates	<i>Las Vegas Senior Center</i>
Get a refund of your Utility Surcharge Tax if you live within the city limits and meet other eligibility criteria. Free service.	Starts January 7. 9:00 a.m.-12:00 p.m. and 1:00-3:00 p.m.
Funny/Favorite T-Shirt Night	<i>Las Vegas Senior Center</i>
Wear your funniest or favorite t-shirt and dance the night away.	January 13 • 4:00-8:00 p.m. • \$4
Texas Hold'Em Poker Tournament	<i>Howard Lieburn Senior Center</i>
No cash buy-in and prizes will be awarded for 1 st place.	January 14 • 9:00 a.m. • \$2
Birthday Celebration Honoring Dr. Martin Luther King, Jr.	<i>Doolittle Senior Center</i>
We will recognize Dr. King's many achievements and enjoy cake and ice cream too!	January 15 • 11:00 a.m. • Free
Monthly Poker Tournament	<i>Las Vegas Senior Center</i>
Pit your skills against others and compete for a prize.	January 16 • 10:00 a.m.-1:00 p.m. • \$2
Popcorn Blast	<i>Centennial Hills Active Adult Center</i>
Pop, pop, pop! Join us as we celebrate national Popcorn Day!	January 19 • 11:00 a.m. • \$1
Pie Potluck	<i>Centennial Hills Active Adult Center</i>
Bring in your favorite pie to share, and let's eat!	January 23 • 2:00 p.m. • Free
Chinese New Year - Year of the Ox	<i>Centennial Hills Active Adult Center</i>
Enjoy chow mein noodles, potstickers, egg rolls, and fortune cookies.	January 26 • 12:30 p.m. • \$5
Superbowl Spectacular	<i>Centennial Hills Active Adult Center</i>
Games, trivia, food, and door prizes! Don't miss out on this annual football extravaganza!	January 29 • 12:00 p.m. • \$4
That's Amore Social	<i>Howard Lieburn Senior Center</i>
Celebrate the season of love with live entertainment, socializing, chocolate fountain, fruit, cheese fondue, bubbly cider, and more!	January 28 • 1:00 p.m. • \$3

February 2009

Tax Preparation Assistance By Appointment	<i>Las Vegas Senior Center</i>
AARP volunteers will help you prepare your income taxes for free.	Starts February 2 • 9:00 a.m.-12:00 p.m.
Tax Preparation Assistance By Appointment	<i>East Las Vegas Community/Senior Center</i>
AARP volunteers will help you prepare your income taxes for free.	Starts February 6
Goodtime Fish Fry	<i>Doolittle Senior Center</i>
Enjoy a catfish lunch with cole slaw, corn bread, green beans, and mac-n-cheese.	February 10 • 11:00 a.m. • \$7
Casanova's Sweet Cuisine Luncheon	<i>Las Vegas Senior Center</i>
Bring your sweetheart and celebrate a Valentine's Day lunch.	February 11 • 11:30 a.m.-1:00 p.m. • \$4
Mi Amore	<i>Centennial Hills Active Adult Center</i>
It's simply a chocolate affair!	February 12 • 1:00 p.m. • \$3

Upcoming Events (continued)

February 2009 *(continued)*

Valentine Cookie Party	<i>Las Vegas Senior Center</i>
Decorate giant heart cookies and enjoy games, trivia, and more!	February 12 • 1:00-3:00 p.m. • Free
Monthly Poker Tournament	<i>Las Vegas Senior Center</i>
Pit your skills against others and compete for a prize.	February 13 • 10:00 a.m.-1:00 p.m. • \$2
Valentine Luncheon	<i>Howard Lieburn Senior Center</i>
Feast on Chicken Marsala, salad, breadsticks, and chocolate dessert.	February 13 • 11:00 a.m. • \$4
Let Cupid's Arrow Fly	<i>Las Vegas Senior Center</i>
Cupid will be busy at the dance as the air will be filled with music and chocolates.	February 17 • 4:00-8:00 p.m. • \$4
Chocolate Festival	<i>East Las Vegas Community/Senior Center</i>
Sample a variety of chocolates, from different candies to cakes and pastries. Entertainment, too!	February 18 • 11:30 a.m.-1:00 p.m. • \$5
Mardi Gras Mania-Fat Tuesday	<i>Centennial Hills Active Adult Center</i>
Enjoy some New Orleans cuisine while visiting with friends.	February 24 • 12:00 p.m. • \$5
Mardi Gras Social	<i>Howard Lieburn Senior Center</i>
Invite a friend and party with us Mardi Gras style! Wear bright colors and enjoy finger foods and punch.	February 24 • 12:00 p.m. • \$3

March 2009

Peanut Butter Lovers Delight	<i>Centennial Hills Active Adult Center</i>
A variety of peanut butter cookies will be available for you to enjoy.	March 2 • 11:00 a.m. • \$1
Middle Name Pride Day	<i>Las Vegas Senior Center</i>
Be called by your middle name all day. Light refreshments and lots of laughs.	March 5 • 1:00-3:00 p.m. • Free
Under the Rainbow - St. Patrick's Day Celebration Luncheon	<i>Las Vegas Senior Center</i>
Enjoy a traditional meal of corned beef, cabbage, carrots, Irish soda bread, and dessert. Everyone welcome!	March 11 • 11:30 a.m.-1:00 p.m. • \$4
Potato Chip Palooza	<i>Centennial Hills Active Adult Center</i>
It's National Potato Chip Day and we're celebrating with baskets full of different chip flavors. Really, who can just eat one?	March 12 • 11:00 a.m. • \$1
St. Patrick's Day Luncheon	<i>Howard Lieburn Senior Center</i>
Wear your lucky green to this annual luncheon!	March 13 • 11:00 a.m. • \$4
"A Touch of Irish" Dance	<i>Las Vegas Senior Center</i>
Wear green and be Irish for the evening. You can't help but be lucky!	March 17 • 4:00-8:00 p.m. • \$4
Hobby Club Expo	<i>East Las Vegas Community/Senior Center</i>
Browse among information booths, talk to club representatives, and watch demonstrations.	March 18 • 2:00 p.m. • Free
Dip a Chip	<i>Centennial Hills Active Adult Center</i>
We've discovered some of the best dips around...so come dip a chip!	March 23 • 11:00 a.m. • \$1
3rd Annual Diggy Awards	<i>Howard Lieburn Senior Center</i>
It's our annual photo contest and art show! Enter to compete for awards in several categories. Rules available at the center.	March 24 • 1:00 p.m. • \$2 each entry
National Waffle Day	<i>Doolittle Senior Center</i>
Enjoy a homemade waffle with a variety of fixings, from fresh fruit to traditional syrup.	March 25 • 9:00 a.m. • \$3

Downtown Senior Services Center

Your one-stop shop for senior services from the City of Las Vegas!

Bridger Health Center

310 South 9th Street, Suite 110 • 220-9932

Medical services include geriatrics, family practice, women's health, and lab services provided by Nevada Health Center. Medicare, Medicaid, and most insurances are accepted. A sliding fee scale is offered for qualified, uninsured patients.

Senior Citizens Law Project

310 South 9th Street, 2nd Floor • 229-6596

Provides legal counsel and assistance to Clark County residents 60 years of age and older. See next page for more information.

Jude 22 Senior Nutrition Center

300 South 9th Street • 229-1142

Monday-Thursday, 8:30 a.m.-1:30 p.m.

Friday, 8:30-11:30 a.m.

Closed 11:30 a.m.-12:00 p.m.

Emergency food assistance available for adults age 60 and older who meet low-income federal guidelines.



Plan for the future for peace of mind. Talk to an attorney about wills, living wills, advance directives, and other issues to ensure that your personal wishes are understood.

Nevada 2-1-1 helps connect seniors with resources.

Have you ever needed help finding a resource to assist you with a problem you face? Nevada 2-1-1 is a great resource that can connect you to agencies that can provide answers.

Call 2-1-1 for information about:

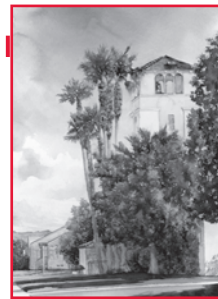
- Basic human services
- Physical and mental health resources
- Employment support services
- Programs for children, youth, and families
- Support for seniors and persons with disabilities
- Volunteer opportunities and donations
- Support for community crisis or disaster recovery

You can also access this information online at www.nevada211.org.

The City of Las Vegas Senior Citizens Advisory Board helps Las Vegas to serve seniors.

This group of advocates works on your behalf to help provide workshops, create partnerships, and advise the City Council and staff about the needs of our senior population.

The Senior Citizens Advisory Board meets on the second Thursday of each month at 1:30 p.m. at the Downtown Senior Services Center. The meetings are open to the public and we encourage you to share your opinions with the Board.



The Department of Leisure Services is committed to the fair, honest, and professional treatment of all individuals and organizations with whom we serve. We fully support the Americans with Disabilities Act (ADA) and are dedicated to customer satisfaction. If you are an individual with a disability or a parent of an individual with a disability and require program modifications, please contact the program supervisor two weeks prior to the program start date. Program modifications will be made on an individual case-by-case basis. The City of Las Vegas Department of Leisure Services prohibits discrimination based on race, color, national origin, age, or disability in its programs and activities. If any individual believes he or she has been discriminated against, he or she may file a discrimination complaint with the Director, Equal Opportunity Program, U.S. Department of the Interior, National Park Service, P.O. Box 47127, Washington, DC 20013-7127.

Senior Citizens Law Project

The City of Las Vegas Senior Citizens Law Project provides quality legal counsel and assistance to Clark County residents age 60 years and older. There is no fee for service; however, donations are accepted. Clients are seen by appointment only. Call 229-6596 to schedule an appointment.

The Senior Citizens Law Project presently provides advice and assistance in matters which include:

- Long-Term Health Care Issues
- Housing Matters
- Government Benefits and Entitlements
- Miscellaneous Services
- Consumer Matters
- Estate Planning Issues
- Elder Rights Issues
- Outreach



Weekly Legal Assistance

Monday, Tuesday, Wednesday, Friday ● 9:00 a.m.-4:00 p.m. ● By appointment only.

Appointments for matters including, but not limited to, general legal information, advance directive/ planning for incapacity, consumer matters, Social Security assistance, landlord/tenant assistance, estate planning, bankruptcy pre-screening, financial review, petition and order for release of medical records, homestead document preparation, petition for sealing records, petition for name change, petition to open safe deposit box, affidavit of entitlement, document preparation and/or notarization, and affidavit terminating joint tenancy.

Thursday ● 9:00 a.m.-4:30 p.m. ● By appointment only.

Will signing: Clients who have had a last will and testament prepared by the Senior Citizens Law Project return to the office to execute their legal instrument.

Monthly Outreach

Clients can also be seen at the following sites by appointment only.

Henderson Senior Center

27 East Texas Avenue

Tuesdays ● 9:00-11:00 a.m.

October 7, 21; November 4, 18; December 2, 16

Boulder City Senior Center

1001 Arizona Street

Tuesdays ● 9:00-11:00 a.m.

October 14; November 11; December 9



Free Informational Seminars

Elder law attorneys conduct free informational seminars. Call 229-6596 for more information.

Coffee Talk - General Legal Seminar

Discuss issues relating to seniors such as wills, health care, and financial issues. Bring your questions and receive answers.

Where? Downtown Senior Services Center
310 S. 9th Street

When? Mondays ● 9:00 a.m.-12:00 p.m.
October 6, 13, 20, 27; November 3, 17, 24
December 1, 8, 15

Mayor's Healthy Lifestyle Initiative



www.GetHealthyLasVegas.org



We encourage everyone regardless of age to live a healthy lifestyle through physical activity, mental stimulation, and social interaction. Daily activities should keep these three components in mind.

Get Smart! Diet and nutrition are essential components to a healthy lifestyle and quality of life. Use the food pyramid for your meal-planning guide.

Get Up! Sedentary activities increase the risk of heart disease, stroke, and obesity. Increase your physical activity today.

Get Out! Enroll in a class, join a sports program, hike trails, picnic in the park, or participate in a special event.

Park Ambassador Program...it works!

Preserving Our Parks for a Better Tomorrow

Get involved today! Volunteering keeps you active and connects you to the community.

Park Ambassadors are the eyes of the neighborhood and help keep the parks safe for everyone. In addition, they contribute their time and talents on projects at hospitals and community centers for the holidays and special occasions throughout the year.

Responsibilities include:

- Daily inspection of your park.
- Meet and greet your neighbors who have come to enjoy the park.
- Help promote City of Las Vegas programs.
- Report any unlawful activity in your park.

If you need more information or are interested in getting involved in the Park Ambassador Program, please contact Stephanie Richards at 229-4160. We can't do it without you!



Senior Citizen Programs Division

749 Veterans Memorial Drive
Las Vegas, NV 89101

www.lasvegasparksandrec.com

Las Vegas City Council
Mayor Oscar B. Goodman
Mayor Pro Tem Gary Reese, Ward 3
Councilman Larry Brown, Ward 4
Councilman Steve Wolfson, Ward 2
Councilwoman Lois Tarkanian, Ward 1
Councilman Steven D. Ross, Ward 6
Councilman Ricki Y. Barlow, Ward 5

City Manager Douglas A. Selby
Deputy City Managers:
Orlando Sanchez, Steve Houchens, Betsy Fretwell
Department of Leisure Services
Acting Director Billie M. Bastian, CPRP
Senior Citizen Programs Division
Manager Ed Jost
Supervisors: Jerlys Henderson, Peter Priest

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*Delivering handmade quilts and Easter baskets
to UMC Hospital oncology patients.*